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# THE MAYANS

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VADE MECUM, VOLVENTIBUS ANNIS

**THE MAYANS**  
**SAN ANTONIO,**  
**TEXAS**

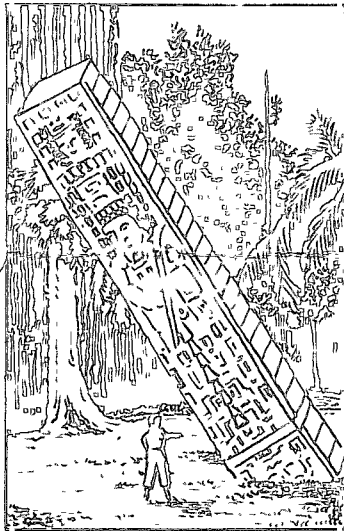
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# The Mayan 'Cleopatra's Needle' or 'The Nail' of Quirigua



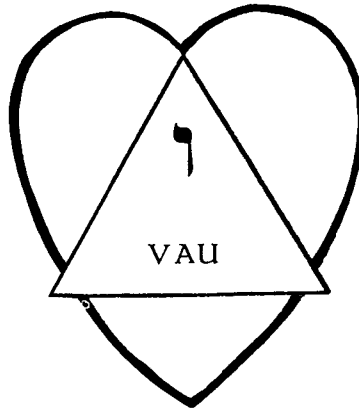
## STELA E

The tallest shaft of stone known to have been quarried by the Maya. One solid stone 35 feet high and weighing 65 tons, surpassing the famous Egyptian "Cleopatra's Needle". In 1917 it appeared leaning as shown in the small inset sketch at the left; reset in 1934 by Stromsvik. This huge Nail of the Mayans is richly carved, in bold relief, contrary to Cleopatra's Needle which is almost plain.

In the enlarged view of its front side as reproduced (center), note the Egyptian-type head-dress and the false whiskers which were also worn by the Egyptian Kings and priesthood. The date of this Stela is 9.17.0.0.0 13 Ahau, 18 Cumhu which is generally accepted as conforming to our year A.D. 771. Another notable and prominent peculiarity is that the figure is holding a scepter diagonally across the breast with the right hand, in the identical manner of the Egyptian Kings, as pictured in hieroglyphics. The ruins of the ancient Maya City of Quirigua where this great Maya monument, as well as many other monuments, may be viewed, is easily reached from the United States either by steamer and rail or by airplane and rail, comfortably and fairly inexpensively. The United Fruit Company maintains a weekly ship service from New Orleans to Puerto Barrios, from which Quirigua is only 60 miles distant by the International Railroad of Central America. It is perhaps the easiest of all great Mayan ruins to reach. By airplane, one starts at Brownsville, Texas, over the regular line to Guatemala City; then by railroad to Quirigua. The best time of the year for visiting the ruins is in January, February and March, during which months the tropical rainy season is avoided.

## PRECEPTORY NUMBER 10

VAU  
SYMBOL OF LOVE





THE  
NAIL

- (41) Let Thy Loving kindnesses also come unto me,  
O Jehovah;  
Even Thy salvation, according to Thy Word.
- (42) So shall I have an answer for him that  
reproacheth me;  
For I trust in Thy Word.
- (43) And may The Word of truth remain within my  
mouth.  
For I hold faith in thine ordinances.
- (44) So shall I observe Thy Law continually,  
For ever and ever.
- (45) And I shall walk in freedom;  
For I have sought Thy Precepts.
- (46) I will also speak of Thy Testimonies even  
before Kings,  
And shall not be in error.
- (47) And I will delight myself in Thy Commandments  
Which I have LOVED.
- (48) I will lift up my hands also unto thy  
commandments, which I have LOVED;  
And I will MEDITATE on Thy Statutes.

*B*

Beloved Companion:

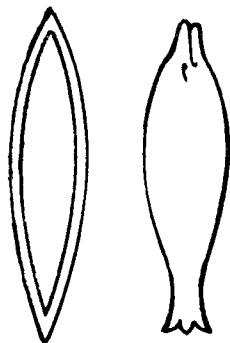
Greetings on the path in  and .

The section of the 119th Psalm which we consider today appears in the Bible under the old Hebrew letter "Vav", also rendered as "Vau", which you have previously learned represents a nail.

The character ¶ indicates a nail and also a tent peg, and we think of The Nail of the Crucifixion as our Great Companion's chief torment in His supreme sacrifice for Love. The Divine Compassion for humankind; of Him who gave His life on the cross for us; of the Divine Father who gave His only begotten Son.

So holy was the symbol of the nail in those ancient days that it is said that David himself, to whom the authorship of many of the Psalms are credited, made the nails for the temple of the Holy of Holies and plated them with gold.

The letter Vav corresponds to the 22nd letter in the English alphabet, but in the Hebrew it was the 6th letter and had that value numerically. The Divine name connected with it is Vezio, cum splendore. The V and O in Hebrew are equal. It is one of the letters of the word Yod-He-Vau-He, or Jeho-vah.



Another symbol connected with this is the VESICA PISCES which was emblemed thus ¶ and means literally the air-bladder of a fish. It is sometimes symbolized as the fish itself, and this symbol represents Christ. The seals of all colleges, abbeys, churches, and other religious organizations of the Middle Ages, as are many today, were almost invariably made in this shape. The sign ¶ also, in many old manuscripts, is used as a representation of the spear-thrust wound in the side of Jesus.



Many present-day church windows are modifications of the symbolical VESICA PISCES

You will note a definite change of structure in this section of the old Psalm, although it is probable that this results from efforts to translate the exact shade of meaning of the words of this old song-prayer.

You will also note in it Mayan Passwords, as well as other significant words. The translations still existing have never seemed entirely satisfactory; hence in this reproduction we have departed very slightly from the usual authorized version for the sake of rendering the actual meaning more clearly.

The symbology of The Nail is apparent in this verse of the 119th Psalm in seven out of the eight couplets. As you know, this verse is also used in the Initiatory of the present degrees, and in Mayanry it is spoken of as The Seven Nails.

Upon these seven promises the Candidate to these degrees nails his word of honor and thereby gains the privilege of advancement.

He Promises:

In Line 42: I trust in Thy Word.  
In Line 43: I hold faith in Thine Ordinances.  
In Line 44: I shall observe Thy Law continually.  
In Line 45: I have sought Thy Precepts.  
In Line 46: I will also speak of Thy Testimonies  
even before Kings.  
In Line 47: I will delight myself in Thy Commandments,  
which I have Loved.  
In Line 48: A promise to work for; and a reavowal of  
Love, and:  
I will Meditate on Thy Statutes.

These are the SEVEN NAILS OF MAYANRY in the 4th and 5th Degrees.

They are identical with a phase of the initiations of the days of David. Various Bibles today render the words slightly different but undestroyed. Hidden in them all are the promises as above. The promises the candidates of old made in the Society of the Essenes, the promises you made at your initiation into these degrees are the same meaning as the words given above.

It is inspiring to think of this fragment of the old initiations coming down unchanged to us through all these hundreds of years.

Indeed there are many reasons why one may consider it an honor to say: "I AM A MAYAN." May your ministry to others in Meditation be richly blessed, my beloved Companions.

Through wars, famines, drouths, catastrophies of all kinds; through several hundred generations of mankind; through changes in whole civilizations, this truth goes marching on. And YOU are a part of it, an active working, progressive carrier of the duty, as exemplified in your unselfish assistance to others which is the message and the life of Love.

LOVE, HARMONY, HEALTH AND SUCCESS

Love, the integrator of the Universe, is also the maker of mankind's chief problems if it is thought of only selfishly in its physical sense. Along with Love and of almost equal importance in the everyday world, is the desire for Health and Success.

In your Ministry, teach that Health begets activity and activity, rightly directed, begets Success. One is the complement of the other. Success calls for work. Work means activity and, rightly directed, activity begets health.

Action brings a glowing, tingling circulation of the blood; it charges the lungs with oxygen which stimulates the cells of the body to ward off disease, perfects the process of digestion and elimination which in turn cleanses the body.

With the body washed and cleansed internally the brain is invigorated and provides a better "contact" with our higher consciousness, Mind, Spirit, Soul and that 5th point of the pyramid of Being, that higher ego sometimes called The Intellect.

INDEED WE ARE PECULIARLY CONSTRUCTED WHILE WE FIND OURSELVES IN THIS PHYSICAL PLANE OF EXISTENCE. MADE IN THE IMAGE OF GOD, WE POSSESS A PART OF ALL OF HIS ILLIMITABLE POWERS, BUT WE CAN ONLY MANIFEST THAT OF WHICH WE ARE AWARE, OR AS MUCH AS CAN PENETRATE THROUGH OUR CONSCIOUSNESS TO OUR PHYSICAL BRAIN. OUR ENTIRE (OR ALMOST ENTIRE) PHYSICAL LIFE IS BOUNDED BY THE CONSCIOUSNESS THAT REGISTERS ON OUR PHYSICAL BRAIN.

No amount of exercise, for example, would increase our Mind's power or our Spiritual power or the abilities of our Soul. They already are fully capable of anything we have the ability to conceive. But our poor, hampered physical counterparts, the body and brain, being physical, CAN be benefited by exercises, both physical and mental.

As we develop these and keep them healthy and in tune and charged with vitality, to that degree do we sensitize them to an awareness and prepare the "contacts" to All power.

The sick man's thoughts are on his sickness but the vitalized person's whole organism feels the fresh impulses of health and seeks satisfaction in activity.

MAN'S MOST Take the simple matter of proper breathing and you will realize how  
IMPORTANT little the average person gives clear thought to his physical person's  
SUBSTANCE well-being. True, he eats two or three meals every day. He drinks a  
more or less correct amount of water. He may even try to follow a  
balanced diet instead of the urges of his appetite; yet he gives NO thought to the  
amount of fresh air he takes aboard.

Air is the most important substance man requires.

It has been proven that man may go for thirty, sixty and perhaps ninety days without solid food. It is generally accepted that he will "die" if he goes only a few days without water or liquids, but very few people have been able to do without breathing for more than a few minutes.

Yet man gives less thought to this, the most important of all processes for living in this physical plane.

One of the great instructive series in Mayanry is concerned with revitalization through breathing, and when you progress to this point you will learn of seeming miracles that can be accomplished through understanding and mastery of this alone. It is part of the basic secret of so-called suspended animation which most people put down as fables or magic.

Suspended animation is a cataleptic state simulating physical death wherein a person or an animal is kept alive for long periods of time without food, drink or breath and without any functioning of the physical organs. When they are re-animated, life begins where they left off without apparent ageing or injury to their well-being.

The hibernation of bears is well known and in some ways approaches suspended animation. Modern science is now developing a psuedo suspended animation in what might better be termed a semi-hibernation for humans. It is being reported

as a successful method for treating certain supposedly difficult to cure illnesses, and it has great possibilities.

The genuine suspended animation has long been practiced in certain parts of India, in Tibet and in the land of the Maya. Doubtless it was also practiced in Egypt and by the Chaldees and perhaps by Jesus himself, for as you have learned in earlier lessons, in his boyhood He was a member of the mystical Society of the Essenes. In later lessons more of the details of this period in Jesus' life will be presented to you.

There is nothing unnatural about suspended animation. It is simply a more or less rare function of Nature. It is remotely comparable to fainting or a withdrawing of the animating principle.

Seeds taken from the Pharaoh's tomb have been reanimated after lying dormant for thousands of years.

Needless to say, the chief difference is that in suspended animation the process is voluntary and controlled and calls for a long period of specialized development of the finer faculties.

MINISTERING In this lesson I wish to give you suggestions which you may use in TO OTHERS your Ministry to help others and, for that matter, yourself. Although you have now come a long way with your Companions, there is still much for you to learn; in fact, you may consider yourself as on the threshold of deeper things.

It is easy to understand in this age of airplanes, submarines, noise and continual demand for speed and more speed, that man has declared a war of nerves upon himself. It is often said that mankind cannot stand the strain imposed by modern living conditions. Our physicians claim to have conquered many diseases, but for each one brought under any degree of control they discover a host of new diseases. Breakdowns of the physical system are common and nervous wrecks are found in the quiet country as well as in the city.

Work that is confining or sedentary deprives people of fresh air and sunshine and it does not give exercise to muscles that should be used daily. The resulting accretions of waste and poisonous matters is destructive to the cell system and the blood stream, producing poisons that irritate the nerves.

As the nerves become sluggish and diseased they fail to perform their functions efficiently and thus organs and resistance powers are disturbed. This gives rise to more nerve strain and the brain becomes increasingly aware that the body is sick.

The sick man's thoughts are on his sickness.

What one thinks about is what materializes. THINK IN CONFIDENT EXPECTATION, in Faith, that a thing is happening and it begins to happen. Think in confident expectation, in fear, that a thing will happen, and in the words of Job: --

"Behold, that which I have greatly  
feared has come upon me . . . . "

You will see that each of these stages of sickness is a cycle within itself. It not only perpetuates itself but starts other cycles into negative action.

This is but one more illustration of the plan of the Universe.

THE SMALLEST THOUGHT PERPETUATES ITSELF AND GOES ON AND ON, ACTUATING OTHER CYCLES OF THOUGHT, LIKE UNTO ITSELF. IT IS THE PRINCIPLE GOD PUT INTO ACTION WHEN HE CREATED MAN, LIKE UNTO HIMSELF.

A STONE CAST INTO THE OCEAN SENDS FORTH ENDLESS RIPPLES OF ENERGY. NOT THE VISIBLE WAVES OF THE PHYSICAL WATER THAT WE SEE, BUT THE INVISIBLE WAVES OF ENERGY IMPRESSED ON ETHERIC SUBSTANCE. NO ENERGY IS EVER "USED UP."

ENERGY MAY BE TRANSFORMED, TRANSLATED OR EVEN TRANSMIGRATED, BUT WHATEVER FORM IT PASSES INTO, IT SETS UP NEW CYCLES WHILE IT PERPETUATES ITSELF.

AND THOUGHT - ALL THOUGHT, IS DIRECTED ENERGY . . .

GOOD OR BAD, EVERY THOUGHT IS ETERNAL

AN            Try this exercise of your imaginative faculties and send your mind along  
EXERCISE    this path:

Visualize a great modern iron foundry. In your mind's eye see the great buildings, the cranes and dericks, the huge piles of ore and slag.

Now visualize a great furnace as a tremendous cauldron of molten steel comes forth to be poured into the waiting moulds. Follow the metal as it cools, as it is taken from machine to machine until at last it comes forth as a great white-hot ribbon several feet wide and in its hissing, seething fury, we may feel that we are looking upon pure energy, furious but frozen in the form men wanted it.

Later, the metal cools again and we are told that it has become the hardest steel known to this machine age. The seething fury of it has subsided and now it lays before us cold, hard, unrelenting and seemingly able to last in this form for centuries.

It seems lifeless but the steel-men will tell you that it is filled with virtue and long life. All the qualities of the energies of heat and fire back there in the furnace are imprisoned in it. The ENERGY of the great rollers that pressed it into the ribbon-like form is in it, and many other energies.

This piece of steel may now be worked in such a way that the energies



impressed in it, their qualities now a part of this fine steel, may be used to impress other materials in the way men want them, but with each use, some of its own energy passes out of the steel into the new material.

Eventually, with use, this piece of steel is "worn out" and is discarded. It eventually finds its way to some dump heap and sometime later there comes a day when it appears in some other iron foundry and is melted again and comes forth from the furnace again hissing and lashing in fresh fury, renewed, revitalized and refreshed. A fresh cauldron of molten metal, it is stamped into some new form and no trace of the old remains to be seen.

What has become of the ENERGY it originally held? It is still going on, - active, working, moving, changing, lashing about, being penned up, seeking release -- somewhere. You see, it is all part of the same energy. The energy in the new piece - the energy once imprisoned in the old - is all ONE AND THE SAME PRINCIPLE OF ENERGY.

With the second melting there was a little less material because part of it had been worn off, but there was no less material in the UNIVERSE. The material was still in the world, but in changed FORM.

And so was the ENERGY.

THE FUNCTION OF ALL ENERGY IS ACTION.

It is movement in a restless, beating rhythm of power.

Power, - pushing and seeming to strive against itself.

Energy seeking freedom and energy pushing up constricting waves,

Beating ceaselessly, through all infinity,

But all in ordered harmony.

WHAT IS ITS PURPOSE?

The Purpose Is: THE PERPETUATION OF ITSELF.

"I AM THAT I AM" - THAT IS ETERNAL.



Before leaving the subject of this exercise let us spend a moment on this side-light. Suppose the steel, when it was first cast, was not put to any work. Naturally, if it did no work it should not wear out. But is this true?

No, it is not true, for from the moment of its birth (its casting) the principle of corrosion began to work on it, releasing, slowly releasing, its energy. Sooner or later rust appeared on it and the corroding process was hastened, until at last all the energy in it was gone, - the "virtue had left it", so much so that its rusted self could be broken with the bare hands. Left lying idle still longer, there would come a day when all that would be left of it would be a red rust stain on the ground where it had been and eventually this too would be gone.

Corrosion is simply an extremely slow process of burning, and rust can be likened to ashes for that is what it really is. Men burned the energy into it and formed it as they willed, but Nature burned the energy loose - to free it.

We cannot save energy by not using the powers inherent within us. Trying to do so by avoiding action, or work, only speeds the process of corrosion, rust and burning out.

On the other hand, a properly balanced habit of action attracts new energy and prolongs the period of useful life, just as the piece of steel, properly worked and properly lubricated would far outlast the idle piece allowed to rust.



The illustration of the two pieces of metal seem an apt similitude to our physical lives in other ways.

We are born as humans, in physical bodies. The iron ore could not be used to make lead or gold or anything but an iron product. There is a period of useful life while the Spirit is in us. When the energy leaves (or the Spirit) the useful life is over and the Spirit (energy) leaves the body.

The junk yard is rather like the cemetery. The re-smelting is like rebirth when a new pattern is stamped out and a new cycle starts.

The difference is, of course, that the metal has no Soul and no Mind. AND THESE IMMORTAL PARTS OF MAN MAKE ALL THE DIFFERENCE FOR THEY ARE IMMORTAL.

When rebirth occurs, Soul and Mind are also present for they, unlike the Spirit, have definite form that we call CHARACTER, and PERSONALITY that we call "likes" and "dislikes", but which an electrical engineer might prefer to call "vibration frequencies". The Spirit may be renewed, but the Soul, the Mind and the Intellect must GROW. They must be EVOLVED slowly through the centuries, the ages and the eons.

The speed of our own evolution is governed by the obtaining of Understanding, and Understanding is governed by the strength of our desire to attain DIVINE HARMONY.



We who trod the Mayan Path know our Goal.

We know the direction we desire to travel and that is the first necessity if one is to arrive at a destination. Together, helping one another, trading energies, of Thought and Work and Love, mutually assisting, mutually supporting, we move FORWARD together, according to His Divine Plan, in Beloved Companionship.

LEARN TO FEEL THE WARMTH OF OUR COMRADESHIP, THE GLOW OF FRATERNITY AND FELLOWSHIP AND TO SENSE THE STRENGTH OF THE SPIRIT THAT IS BEING BUILT UP WITHIN YOU, AS YOU CONTINUE TO FOLLOW THE MASTERLY WISDOM STORED UP FOR YOU BY THE ANCIENT WISE ONES.

Be strong in purpose, that you may evolve to the utmost during this present cycle of your existence.

Blessings on your Ministry,

THE MAYANS

